

Abuse and Trauma in Relationships

Stopping the Trans-generational Cycle of Abuse

Abuse in Zambia

- Gender based violence:
 - Over 20,000 *reported* cases of GBV per year
 - 80% female, 20% male
 - 25% children

Abuse in Zambia

- Intimate partner or marital abuse:
 - 43% of women experience physical abuse
 - 10% of men experience physical abuse

Abuse in Zambia

- Sexual abuse:
 - 1 in 6 females report forced sex/rape
 - 1 in 5 women and 1 in 10 men report sexual abuse before age 18

Roots of Marital Abuse

Within the Individuals:

- Physical and sexual abuse as a child
- Emotional deprivation and abandonment as a child
- Witnessing parent's violence as a child

Roots of Marital Abuse

Within the Individuals:

- Low Emotional Intelligence of partners, particularly the male
- Alcohol and drug abuse
- Lack of family support

Roots of Marital Abuse

Within Society:

- A patriarchal culture that supports male dominance
- Traditions that allow wife-beating
- Acceptance of male infidelity and polygamy

Roots of Marital Abuse

Within Society:

- Lack of education, poverty and unemployment
- Marrying young or forced marriages
- Injunctions against separating and difficulties getting a divorce

Understanding the Roots of Abuse and Trauma

- Does not condone or excuse the abusive behaviors
- Helps the couple develop emotional intelligence
- Helps the couple manage abusive communication patterns that lead to violence
- Allows them to have empathy for the suffering they both experienced as children
- Motivates them to not pass on that trauma to their own children